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The Update is a bi-weekly web newsletter published by the Iowa Department of Public Health's Bureau of Family Health. It is posted the second and fourth week of every month, and provides useful job resource information for departmental health care professionals, information on training opportunities, intradepartmental reports and meetings, and additional information pertinent to health care professionals.

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# New State Snapshots Demonstrate Disparities by Health Insurance



How does the health and system performance differ across children

who have public or private sector health insurance? Find out with a new interactive profile using data from the 2007 National Survey of Children's Health...

- •43 percent of publicly insured children age 10-17 in the U.S. are overweight or obese, compared with 27 percent of privately insured children of the same age.
- •67 percent of privately insured children receive care that meets criteria for comprehensive, coordinated and accessible care within a medical home compared with 45 percent of children with public insurance.
- •Publicly insured children are more likely to have coverage that adequately meets their needs (81 percent versus 74 percent of privately insured children).

These and many more findings are available in the 2007 National Survey of Children's Health (NSCH) Snapshots of Health & System Performance Disparities by Health Insurance.

For more information, go to <a href="http://nschdata.org/indicators/Indicator Report.">http://nschdata.org/indicators/Indicator Report.</a> aspx?gid=0&rid=3&ind=58.

#### 2011 HEART DISEASE PREVENTION GUIDELINES FOR WOMEN

# Living Guidelines for Women: What You Need to Know

The American Heart Association, in collaboration with national organizations dedicated to women's health, have released new life-saving guidelines for the prevention of heart disease. Experts recommend that every woman know her risk level for heart disease. Knowing your risk has been linked to taking preventive action. Here is what you need to know:

#### What is Your Risk Level for Heart Disease?

#### **IDEAL CARDIOVASCULAR HEALTH HIGH RISK AT RISK** · You have one or more • One or more major risk factors: • A healthy lifestyle with all of the following: of the following: - Cigarette smoking - Blood pressure less than 120/80 mm Hg - Existing coronary heart disease and not on medicine for blood pressure - Poor diet (heart attack, bypass surgery, - Total cholesterol less than 200 mg/dL - Lack of regular physical activity heart stents) and not on medicine for cholesterol or who cannot complete a - Stroke or carotid artery treadmill exercise test - Fasting blood glucose less than 100 disease (narrowed or blocked mg/dL and not on medicine for - Overweight (Body Mass Index arteries that take blood to blood sugar [BMI] 25-29.9) or Obesity your brain) (BMI higher than 30) - Body mass index less than 25 kg/m<sup>2</sup> - Blocked arteries in - Family history of heart or - Never smoked or quit over one year ago your legs vascular disease - Performs 150 minutes of moderate - Abdominal aortic aneurysm - Blood pressure higher than 120/80 exercise or 75 minutes of vigorous (weakness in the artery in exercise a week - Abnormal cholesterol levels your abdomen) - Eats a diet of fruits and vegetables, • Heart and other vascular diseases - Chronic kidney disease whole-grains, and high-fiber foods. - Diabetes • Lupus or rheumatoid arthritis Eats fish, especially oily fish twice a Your personal risk factors predict week or more. Pregnant women • Metabolic syndrome a high risk of heart and vascular (See risk factors below) avoid fish with high mercury levels. disease in the next 10 years. - Limits saturated fat, cholesterol, Pregnancy complications including: (Based on the Framingham alcohol, sodium, sugar, and avoids the development of high blood 10-year CVD Risk tool\*) trans-fatty acids pressure or diabetes, delivering a pre-term infant

# Your Risk for Metabolic Syndrome

#### Do You Have Metabolic Syndrome?

If you have 3 or more of the following risk factors, then you have the metabolic syndrome and are at greater risk of developing heart and other vascular diseases, type 2 diabetes, and having a stroke.

- I) Your waist is greater than 35 inches
- 2) Your triglycerides are higher than 150 mg/dL
- 3) Your HDL (good cholesterol) is less than 50 mg/dL
- 4) Your blood pressure is higher than 130/85 mm Hg
- 5) Your fasting blood sugar is higher than 100 mg/dL



<sup>\*</sup> The Framingham 10-year CVD Risk tool estimates the risk of heart disease based on age, gender, presence of diabetes, total cholesterol, HDL cholesterol, smoking, and systolic blood pressure. Consult your doctor or nurse on how to calculate your risk score.

# **Administration/Program Management**

#### **Retirement Announcement**

Jane Borst announced on March 15<sup>th</sup> that she will be retiring, effective April 11, 2011. Jane has been with the lowa Department of Public Health as bureau chief of the Bureau of Family Health for 18 years. We all wish her well and thank her for her leadership in promoting the health of lowa's children and families. When asked what she will be doing after she retires, her response was, "Nothing and everything."

Julie McMahon, Director, Division of Health Promotion and Chronic Disease Prevention, will establish a transition team to guide the Bureau of Family Health through this change in leadership.

#### **IDPH E-mail Migration**

Please note that the Iowa Department of Public Health has begun the process of migrating to a new e-mail system. The old e-mail accounts will be active for one year, but for ease of transition we ask that you begin using the new e-mail accounts for Bureau of Family Health staff, which are posted in the directory on page 5 of The UPdate. Although we anticipate that this will be a smooth transition, if you experience any issues please contact your lead consultant.

# Calendar

March 28-29, 2011

Maternal Nutrition and Breastfeeding Workshop

April 5-6, 2011 2011 Iowa Governor's Conference on Public Health Scheman Conference Center, Ames

June 9, 2011 MCH Advisory Council Meeting, 1-3 p.m., Iowa Lutheran Hospital, Conference Room 1

### MARCH Contract Required Due Dates

15 - Due: Electronic Expenditure Workbooks

30 - Export WHIS Records to IDPH

<sup>\*</sup> Required meeting





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